

NEWCASTLE-UPON-TYNE

CITY LUNATIC ASYLUM.

TWENTIETH

ANNUAL REPORT,

1884.



Newcastle-upon-Tyne :

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A LIST
OF THE
COMMITTEE OF VISITORS
AND OF THE
OFFICERS FOR THE YEAR 1885.

Committee of Visitors.

1. THOMAS HEDLEY, Esq., CHAIRMAN.
2. THOMAS WILSON, Esq.
3. BENJAMIN PLUMMER, Esq.
4. THOMAS LESSLIE GREGSON, Esq.
5. JOHN GEORGE FENWICK, Esq.
6. WILLIAM HASWELL STEPHENSON, Esq.
7. WILLIAM BOUTLAND WILKINSON, Esq.
8. HENRY WATSON, Esq.

Clerk of the Committee.

JOHN ATKINSON, SOLICITOR, POST OFFICE CHAMBERS,
NEWCASTLE-ON-TYNE.

Consulting Surgeons.

GEORGE YEOMAN HEATH, M.D.

GEORGE HALIBURTON HUME, M.D.

R. H. B. WICKHAM, F.R.S.E., F.R.C.S. Ed., *Medical Superintendent.*

DAVID IRELAND, M.B., *Assistant Medical Officer.*

THE REV. W. BOWLAN, LL.D., *Chaplain.*

DAVID BRODIE, *Clerk of the Asylum.*

W. S. REID, *Housekeeper and Head Nurse.*

GEORGE DUNCAN, *Head Attendant and Choir Master.*



Newcastle-upon-Tyne City Lunatic Asylum.

REPORT, 1884.

1ST JANUARY, 1885.

THE Committee of Visitors of the Newcastle-upon-Tyne City Lunatic Asylum have, in pursuance of the provisions of the "Lunatic Asylums Act, 1853," to make the Twentieth Annual Report to the Magistrates of the condition and management of the Institution.

On the 31st December, 1883, the number of patients on the books was 287 (viz., 145 male and 142 female). The admissions during 1884 were 87 (viz., 43 male and 44 female), and they were chargeable in the following manner:—

	Male.		Female.		Total.
As Private Patients	0	0	0
To the Newcastle-upon-Tyne Union	43	43	86
To the Commissioners of Prisons	0	1	1
To "Out County" Unions	0	0	0
	<u>43</u>		<u>44</u>		<u>87</u>

The discharges were 70 (viz., 38 male and 30 female), and the deaths were 31 (viz., 16 male and 15 female).

The average number daily resident was 282 (viz., 139 male and 143 female). The number discharged recovered was 27, or about 31·03 per cent. of the admissions, and the per centage of deaths of the average number daily resident was about 10·99, and of the total number under treatment about 8·26.

The number remaining on the books on the 31st December, 1884, was 273 (viz., 134 male and 139 female), being a decrease of 14, as compared with last year. Of this number, 4 are chargeable as private patients as against 7 last year; 268 are chargeable to the Union of Newcastle-upon-Tyne as against 267 last year; and 1 is chargeable to the Commissioners of Prisons.

The Committee, in accordance with the terms of the statute

under which their Board is constituted, have regularly visited the Asylum during the year, and have always found it in good order. The patients, who have an opportunity of making any statement to individual members of the Committee, invariably appear comfortable, tidy, and well cared for.

When making their report last year, the Committee intimated that they were then considering the question of the growing necessity for providing further accommodation for the insane from Newcastle-upon-Tyne. The Committee of Visitors were first appointed in 1865 to build an Asylum of such a size as they deemed necessary, and the present building for 260 patients is the result. A slight addition to the day space on the ground floor in 1882 necessitated the building of a dormitory on the first floor of each division for 5 beds, making the present total accommodation 270 beds. They have already in the house a daily average of 282 patients. The following table, prepared at their request last year by the Medical Superintendent, has been brought down to the present date, and shows what has been the yearly increase or decrease in the numbers from the Union of Newcastle-upon-Tyne:—

Year.	Number of Lunatics chargeable to Newcastle in the City Asylum.	Increase.	Decrease.
1865	110	—	—
1866	122	12	—
1867	130	8	—
1868	153	23	—
1869	159	6	—
1870	158	—	1
1871	167	9	—
1872	162	—	5
1873	174	12	—
1874	178	4	—
1875	192	14	—
1876	196	4	—
1877	213	17	—
1878	223	10	—
1879	231	8	—
1880	244	13	—
1881	246	2	—
1882	251	5	—
1883	267	16	—
1884	268	1	—
		<hr/> 164 <hr/>	<hr/> 6 <hr/>

Taking into consideration—first, that there had been a net increase of 158 patients in 20 years; secondly, that the daily average number resident in 1883 was 272, while that in 1884 was 282; thirdly, that in 1883 they had repeatedly to accommodate 288, and in 1884 296; fourthly, that the Asylum could not, with due regard to the health of all the inmates and the efficiency of management, hold more than 270; and fifthly, that their resolve in 1865 to build for 260 when there were not more than 110 lunatics to accommodate, was justified by the result—taking into consideration all this, they decided to build an additional wing in each division, to hold about 85 patients of each sex, and to enlarge the present chapel, dining hall, kitchen, and laundry. They appointed Mr. A. B. Plummer, of Newcastle-upon-Tyne, their architect, and he was directed to furnish plans and specifications in accordance with the instructions of the Commissioners in Lunacy, and of their own Medical Superintendent. These, having been sanctioned by the Secretary of State, have been forwarded to Mr. George Connell, of Newcastle-upon-Tyne, quantity surveyor, that he may prepare *data* with which they can take tenders and make contracts for the execution of the work. In connection with this subject the Committee wish to state that every effort is made to remove chronic harmless cases to the workhouse; and no reasonable obstacle is placed in the way of relatives removing such cases to their own homes. But the actual number of entirely suitable cases is not large, and when a doubtful case is so dealt with he is nearly certain to be returned to the Asylum as unmanageable, and all the trouble and the increased cost of restoring him have to be incurred over again. The discharge, therefore, of an unrecovered patient under present conditions is not encouraging. As an evidence, however, of the efforts that have been made in that direction, the Committee point to the fact that though the average number resident during the

year is more by 10 than it was last year, the number remaining in the Asylum on the 31st December, 1884, is 14 less than that on the same day of 1883.

The Committee have also resolved on the purchase of about 35 acres of land on the eastern boundary of the Asylum estate, at £300 per acre. The price paid for the present estate was £225 per acre, 20 years ago. The quantity of land in their possession at present is nearly 58 acres, of which a considerable portion is occupied by the Asylum and other buildings; and in view of the rapidity with which the Asylum estate is being surrounded by dwelling houses, they thought it desirable to secure this piece while it was in the market. The average quantity of land in the English public asylums is one acre to six patients, which is much below what it ought to be—one asylum, with 588 patients, having only 32 acres. The present proportion at Coxlodge (270 patients and 58 acres) is one acre to 4·5 patients, which is not too liberal; and with the additional land and the enlarged building (in all 440 patients and 93 acres), it will only be about one acre to 4·7 patients, or rather less than it is now.

Nurse Eleanor Keenan, who had been in the service of the Asylum since the 5th March, 1875, having become, from confirmed sickness, incapable of performing her duties, was, at a meeting called for the purpose on the 30th day of July, 1884, granted a pension of £10 per annum.

The additions and alterations to the fabric have been unimportant.

There has not been any change of consequence in the staff.

The Commissioners in Lunacy visited the Asylum on the 28th July, 1884.

There has been a second service in the chapel on Sunday since the 1st January, 1884.

Mr. Wickham (the Medical Superintendent), his Assistant, and the other Officers of the Institution have, by their very efficient care and attention to the duties of their offices, given the greatest satisfaction to the Committee. Dr. Bowlan, the Chaplain, has also earned their thanks.

The Committee will shortly receive the Annual Medical Report from Mr. Wickham, which, with the Statistical Tables and a Statement of the Receipts and Expenditure in connection with the Maintenance Account, shall be printed and circulated amongst the Magistrates.

THOMAS HEDLEY.

THOMAS WILSON.

THOMAS LESSLIE GREGSON.

B. PLUMMER.

W. B. WILKINSON.

WM. H. STEPHENSON.

J. G. FENWICK.

ENTRY BY THE COMMISSIONERS IN LUNACY.

NEWCASTLE-UPON-TYNE CITY LUNATIC ASYLUM,

JULY 28, 1884.

We have to-day inspected this Asylum, which, apart from the crowded state of its wards, is in very good order. At the last visit of Commissioners, in April of last year, the total number of patients was 269, to-day it is 296; and we learn that the number of private cases has been reduced, and that no more of that class will be taken at present, and further, that all the patients chargeable to Berwick have been removed. It is obvious, then, that the extension of the Asylum (plans for which have in principle been settled in conference with members of our Board) has become a matter of pressing necessity.

Mr. Wickham has pointed out to us difficulties in the way of building on the site agreed upon, at the conference mentioned above, and has shown us alternative sites for the proposed wings. Without, of course, binding our Board on the subject, we may say that we see no serious objection to these alternative sites, and that we think it probable they will be approved. The extension on the male side must not in any case be brought nearer than is desirable to the public road bounding the estate in that direction; but this objection will apply less to the new than to the original site. On the female side there is plenty of room, but the site now proposed will not interfere with the existing rain-water tanks, and will interfere less with the laundry drying ground than that agreed upon. Here we may say that in view of the increasing numbers of patients, an addition to the Asylum estate would be very desirable, and should the opportunity offer of affecting this we trust that advantage may be taken of it.

The 296 patients consists of exactly equal numbers of each sex. One woman is on leave. Since the last visit 67 male and

71 female patients have been admitted ; 38 males and 45 females have been discharged ; 16 males and 19 females having recovered ; and 19 males and 9 females died.

In three cases Coroner's inquests were held, but the verdicts do not disclose anything calling for particular notice. *Post mortem* examination was made in 13 instances. One patient died in bed of epilepsy, but he was not found in a position in which the death could have been caused by suffocation. General paralysis seems to have been fatal to 9 male and 2 female patients. The rate of mortality in the interval since the last visit was about 8 per cent. per annum of the average daily number resident.

We find in the Medical Journal a long list of casualties, none however very serious, and the majority arising from quarrels between the patients. A good deal of the irritability which gives rise to these quarrels very probably results from the overcrowding ; but we think that perhaps more careful watching by the attendants might prevent many blows.

To-day the male patients in No. 2 Ward were rather noisy and threatening, but not actually aggressive. We feel the difficulty in so small an asylum of separating these more irritable patients, but we hope this principle may be followed as far as possible.

We have found the dress of the patients of each sex very clean and satisfactory.

The numbers usefully employed are returned to us as 96 men and 100 women, nearly the same as at the last visit. We still think there is room for improvement here. Yesterday 220 patients attended Divine Service, and we learn that there is now an evening service on Sundays.

We are glad to hear that all patients, except the sick or physically incapable, have walking exercise round the estate several times a week.

As regards seclusion and restraint, we find recorded that 11 men on 246 occasions and for a total of 1,541 hours—one male

accounting for 177 occasions and 1,314 hours, and 2 females on 24 occasions for 192 hours—have been secluded since this last visit; and a male was restrained for 12 hours by “polka” to allay maniacal excitement.

The staff of male attendants have been increased by one for day duty; the female staff remains the same as last year. 12 men and 11 women are now engaged in day duty; there is still only one attendant on night duty in each division.

No alterations or improvements of any moment have to be mentioned.

As regards exits for the dormitories in case of fire, we recommend the construction of an escape staircase for the north and also the south dormitory in each division. One may easily be continued in connection with the corridor to lead to the extension, and the other may be simply some steps, properly protected, from the flat roof of the porch to No. 2 Day Room, a window in the dormitory being cut down to give access to this roof. We recommend also a further code of instructions to the attendants in case of an outbreak of fire at night; and there should, we think, be electric communication between the Asylum and the residence of the engineer and his assistant. At present it would be necessary to send a messenger to summon either of these if a fire broke out at night, and valuable time would be lost.

Dr. Ireland has succeeded Dr. Taylor as Assistant Medical Officer to the Asylum.

C. S. BAGOT,	} Commissioners
W. RHYS WILLIAMS,	
	in Lunacy.

THE MEDICAL SUPERINTENDENT'S REPORT.

TO THE COMMITTEE OF VISITORS.

6th January, 1885.

MR. CHAIRMAN AND GENTLEMEN,

I have the honour to submit the Twentieth Annual Report, with the Statistical Tables, for 1884.

On the 1st of January, 1884, there were on the books of the Asylum 287 patients (viz., 145 men and 142 women); and on the 31st of December there were 273 (viz., 134 men and 139 women). The average number daily resident was 282 (viz., 139 men and 143 women), and the total number under treatment was 374, as against 272 and 368 respectively in 1883.

The admissions were 87 (viz., 43 men and 44 women).

The discharges were 70 (viz., 38 men and 32 women), of which number 27 were "recovered," 20 were "relieved," and 23 were "not improved." The percentage of the "recoveries," calculated on the admissions, was 31·1 (viz., 41·8 men and 20·8 women). The 43 "relieved" and "not improved" comprise cases which were sent to other Asylums, or which were sufficiently improved to be sent to the Union Workhouse, or to the care of relatives.

The deaths were 31 (viz., 16 men and 15 women), as against 21 last year, and represent a percentage of 10·9 (viz., 11·5 men and 10·5 women) of the average number resident, and of 8·3 of the total number under treatment.

The general statistics of the Asylum are as follows:—Since it was opened in June, 1865, there have been 1,603 admissions (viz., 851 men and 752 women) of whom 172 were "re-admissions"—that is to say, they had been at least once before certified as insane and sent to this Asylum. Many of the remainder may

have been in other asylums—and it is known of some that such is the case; and of the 172 “re-admissions” themselves not a few refer to the same patient as being admitted over and over again. Of the 1,603 admissions, 517 (viz., 234 men and 283 women), or a percentage of about 32·3 have been discharged “recovered;” 406 (viz., 210 men and 196 women) have been discharged “not recovered;” and 407 (viz., 273 men and 134 women) have died—leaving, as has been said, 273 patients on the books on the 31st December, 1884.

Of the 87 admissions, it will be seen by Table V. that 52, or considerably more than one-half, are cases of *mania*, this being the class of symptoms exhibited in those cases; 23 were cases of *monomania*; 11 were those of *dementia*; and in 1 case, any symptom of insanity which she may have exhibited before she was sent here, had disappeared when the time arrived for reporting the admission to the Commissioners in Lunacy. This table is one of those which cannot easily be disused, though for all scientific purposes it is nearly useless. Unless the old classification of insanity be abandoned it is difficult to say what line shall be drawn in classing the cases; for if such forms as general paralysis and epileptic insanity are to be admitted, and others not so well recognized classed under *mania*, *monomania*, &c., as before, the result cannot but be misleading. Table V., drawn up on strictly scientific principles, would cease to be a table, and would really be rather a report in itself.

The chief circumstance calling for remark in the bodily health of the “admissions” is that there was a large and apparently increasing number of cases suffering from cardiac disorder; and Table VI., giving the causes of death, shows how very hopeless were the cases under treatment—no less than 12 (or about 40 per cent.) of the deaths being due to general paralysis.

Table VII. shows, as usual, that the recent cases are the more curable, and also, more fatal to life than those of longer standing. Of the 27 “recoveries,” 22 (or about 81 per cent.)

were discharged within a year of their admission; while of the 31 deaths 21 (or 67 per cent.) died within the same period. This view is borne out by Table VIII., in which it is shown that of the 27 "recoveries," 11 (or 40 per cent.) were cases of "first attack, and within three months of admission; and of the 31 deaths 13 (or 42 per cent.) were in the same class.

Table IX. shows that insanity is most active in the prime of life. Of the 87 admissions, 66 cases (or 76 per cent. of the whole) were between the ages of 21 and 50 years. Of the 27 "recoveries," 23 (or 85 per cent.), and of the 31 deaths 20 (or 60 per cent.) were at the same time of life.

Table X. gives the condition as to marriage in the admissions, discharges, and deaths. The admission columns show that about 50 per cent. were married, 37 per cent. were single, and 13 per cent. were widowed. According to the census returns of 1881, the proportion of married, single, and widowed to the whole population of England and Wales, excluding all under 15 years of age, was about 55, 37, and 9 per cent. respectively.

Table XI., giving the cause of the insanity in each of the admissions, discharges, and deaths during the year, shows a large number of cases in which the malady was, after a careful investigation of the history of each, traceable to a physical cause. No less than 66 of the 87 admissions, or 75 per cent., were of this class; and probably some of the 15 "unknown" were so, but I have always been most scrupulous in abstaining from assigning causes in doubtful cases, however strong my suspicions may be. "Intemperance in drink" figures in only 6 (or about 7 per cent.) of the 87 admissions. But it must be remembered that in this table only one cause in each case can be given. This is naturally that one which appears to be the most important, though others may run it very close. Thus epilepsy may, under the heading of "other bodily disorders," be the assigned cause in a certain case, though intemperance in "drink" may have been nearly as important a factor in producing the insanity. The result, however, of

my enquiries into the causation of insanity (and the comparative smallness of this Asylum has allowed me to devote more personal attention to this particular subject of study than many others can afford), is that "intemperance in drink" is not the cause of insanity unless there be some physical ailment or defect for it to work upon. My attention has occasionally, too, been called to a case of the following nature:—A man has practised this degrading vice for a number of years, and has been known to his acquaintances as an habitual drunkard. Then some one, with more influence than others over him, successfully awakens him to a sense of his shame, and points out to him how he is pauperizing his family and lowering them to the depths of misery and privation by his sensuality. He then becomes a total abstainer, and in the course of time he goes insane; and such cases of this kind as have come under my notice are generally incurable. Mentioning this matter to a friend, who has done much good in advocating total abstinence among the weaker brethren, he suggested that if such a man had not given up drinking he would probably have died; but this is assuming that the advantages of continuing to exist are indisputable.

Another "cause" in Table XI. is worthy of a passing remark. Of the 44 female admissions as many as 3 are ascribed to "sexual excess." This being 7 per cent. of the whole number, is very unusual in the statistical tables of this Asylum. It is also noteworthy that general paralysis in the female is gradually on the increase here. In former years it seldom happened that there were more than 1 at a time, and very often not even that, but at the present time of writing there are 5 cases.

A table has been appended for the first time to this report, giving the weight on admission and on discharge of the "recoveries." Three of the "recoveries" were discharged after a period of probation at home, and do not appear in this table of the 24 cases recorded. Only 1 lost weight, while in many of the others the gain was very striking; one, after a residence of 9 months

and 21 days, heading the list with a gain of 4 st. $13\frac{1}{2}$ pounds. Certain patients in every Asylum are constantly complaining of the food they get as not being sufficient for them, and they are, generally speaking, those whose meals at their own homes are of the most meagre description. Recently one, a burly fellow, whose voice and demeanour were not suggestive of starvation, had so frequently complained to me that I had him weighed, with the result of showing that he had gained, after a residence of 14 months, 2st. $2\frac{1}{2}$ lb.

Another extra table is given, showing the average number of those occupied usefully during the year.

You have entered so fully in your own report into the subject of the over-crowding of the wards, and the urgency of providing additional accommodation forthwith, that I need not insist on it here. It is my constant endeavour to recommend for discharge every patient who can with propriety be treated in a workhouse, or at his own home ; but such cases are not numerous, and the most of them come back suffering from a relapse, and all the trouble and expense of restoring them have to be incurred again. Strangers visiting the wards frequently say that they do not see why a number of the patients should be here at all, but such a remark is rather a compliment to the management in making them appear so sane, than a reason for discharging them. Removed from the regular hours, light labours, and freedom from care and anxiety, which go to make up the sum of their existence here, they break down, and speedily show themselves unfit for competing with the more healthy in the struggle for a livelihood. One has to keep this well in mind in considering the propriety of recommending them for discharge, serious as may be the difficulties and responsibilities of superintending an Asylum as over-crowded as this one is now.

It has always been a pleasure to me to be able to conclude my report by thanking you for the kindness which you show to myself. This year I must make a special allusion to the sym-

pathy which you extended towards me during my illness in the autumn of 1883; and to the kindly readiness with which you granted me two months' leave of absence in the beginning of 1884. I beg leave here, also, to thank all my officers and subordinates for the excellent manner in which the business of the Asylum was conducted when I was unable to attend to it myself.

I have the honour to be,

Mr. Chairman and Gentlemen,

Your most obedient servant,

R. H. B. WICKHAM.

APPENDIX I.

TABLE I.,

Showing the Admissions, Re-Admissions, Discharges, and Deaths during the Year 1884.

	M.	F.	Total.
In the Asylum, 1st January, 1834	145	142	287
	M.	F.	Total.
Admitted for the first time during the Year	35	38	73
Re-admitted during the Year.....	8	6	14
	43	44	87
Total under treatment.....	188	186	374
Discharged—			
Recovered.....	18	9	27
Relieved.....	4	16	20
Not Improved.....	16	7	23
Died.....	16	15	31
	54	47	101
Total discharged and died			
Remaining in the Asylum on the 31st December, 1884	134	139	273
Average number daily resident	139	143	282

TABLE II.,

Showing the Admissions, Re-Admissions, Discharges, and Deaths from the opening of the Asylum to the present date, 31st December, 1884.

	M.	F.	Total.
Admitted during the period of 19½ Years	774	657	1431
Re-admitted.....	77	95	172
	851	752	1603
Total number admitted	M.	F.	Total.
Discharged—			
Recovered	234	283	517
Relieved	86	97	183
Not Improved.....	124	99	223
Died.....	273	134	407
	717	613	1330
Total number discharged and died during 19½ Years			
Remaining in the Asylum on the 31st December, 1884.....	134	139	273
Average number daily resident during 19½ Years	107·6	115·7	223·3

TABLE IV.,

Showing the History of the Annual Admissions since the Opening of the Asylum, with the Discharges and Deaths, and the number of each Year remaining on the 31st December, 1884.

Admitted.				Of each Year's Admissions, Discharged, and Died in 1884.										Total Discharged and Died of each Year's Admissions to 31st December, 1884.										Remaining of each Year's Admissions on 31st Dec., 1883.			
YEAR.	New Cases.		Re-lapsed Cases.	Total.		Recovered.		Relieved.		Not Improved.		Died.		Recovered.		Relieved.		Not Improved.		Died.		Males.	Fem.	Total.			
	Males.	Fem.		Males.	Fem.	Males.	Fem.	Males.	Fem.	Males.	Fem.	Males.	Fem.	Males.	Fem.	Males.	Fem.	Males.	Fem.	Total.	Males.				Fem.	Total.	
1865	58	56	96	114	2	2	1	1	2	7	6	13	4	5	3	9	30	23	53	17	17	34	
1866	18	25	25	47	1	4	13	17	...	6	3	3	10	8	18	3	...	3	
1867	19	14	14	37	6	11	17	1	13	5	18	1	
1868	29	22	22	57	10	12	22	17	6	23	6	
1869	26	22	22	51	9	11	20	10	7	17	2	
1870	68	108	108	180	16	27	43	28	18	46	9	
1871	63	34	34	106	21	21	42	19	6	25	4	
1872	48	35	35	84	11	21	32	7	7	14	3	
1873	21	25	25	51	8	7	15	10	4	14	2	
1874	28	29	29	67	14	22	36	8	7	15	3	
1875	28	22	22	58	9	6	15	12	7	19	5	
1876	24	19	19	47	7	14	21	3	7	10	4	
1877	31	18	18	58	9	13	22	2	2	4	3	
1878	64	25	25	99	12	15	27	15	...	15	8	
1879	28	26	26	60	11	13	24	22	3	25	5	
1880	45	24	24	91	16	13	29	5	7	12	4	
1881	49	38	38	107	18	24	42	20	7	27	8	
1882	57	33	33	104	22	13	35	11	7	18	6	
1883	35	44	44	98	13	18	31	9	5	14	17	
1884	35	38	38	87	11	3	14	8	9	17	22	
Total	774	657	95	1603	18	9	27	4	16	20	23	16	15	31	517	283	86	134

Summary of the Total Admissions.			Total	
			Males.	Fem.
Per Centage of Cases Recovered	27.5	37.6
" " " Relieved	10.1	12.9
" " " Not Improved	14.6	13.2
" " " Dead	32.1	17.8
" " " Remaining	15.7	18.5
			100.0	100.0
			160.0	160.0

TABLE V.,

*Showing the Form of Mental Disease in those Admitted and in those Discharged
Recovered during the Year 1884.*

	ADMISSIONS.			DISCHARGED RECOVERED.		
	M.	F.	Total.	M.	F.	Total.
Mania.....	26	26	52	12	6	18
Monomania	11	12	23	6	3	9
Dementia	6	5	11
Other forms of Insanity
Amentia
Not Insane	1	1
Total	43	44	87	18	9	27

TABLE VI.,

Showing the Causes of Death during the Year 1884.

CAUSE OF DEATH.	M.	F.	Total.
CEREBRAL AND SPINAL DISEASES :—			
General Paralysis	9	3	12
Mania	1	1	2
Epilepsy	1	2	3
Hemiplegia	1	1
Softening of the Brain	1	...	1
THORACIC DISEASES :—			
Disease of the Heart	3	3
Pulmonary Disease	4	1	5
OTHER DISEASES :			
Chronic Diarrhœa	1	1
Puerperal Fever	1	1
Old Age	2	2
Total.....	16	15	31

TABLE VII.,

Showing the length of Residence in those Discharged Recovered, and in those who have Died during the Year 1884.

LENGTH OF RESIDENCE.	RECOVERED.			DIED.		
	M.	F.	Total.	M.	F.	Total.
Less than 1 month	1	...	1	5	2	7
From 1 to 3 months	4	2	6	2	2	4
„ 3 to 6 „	5	4	9	1	3	4
„ 6 to 9 „	2	...	2	3	1	4
„ 9 to 12 „	4	...	4	...	2	2
„ 1 to 2 years	2	2	4	2	1	3
„ 2 to 3 „
„ 3 to 4 „	1	1
„ 4 to 5 „	2	...	2
„ 5 to 6 „
„ 6 to 7 „
„ 7 to 8 „
„ 8 to 9 „	1	1
„ 9 to 10 „
„ 10 to 11 „
„ 11 to 12 „
„ 12 to 13 „
„ 13 to 14 „
„ 14 to 15 „
„ 15 to 16 „	1	1
„ 16 to 17 „
„ 17 to 18 „
„ 18 to 19 „	1	1	2
„ 19 to 20 „	1	1
Total	18	9	27	16	15	31

TABLE VIII,
Showing the Duration of the Disorder on Admission in the Admissions, Discharges, and Deaths during the Year 1884.

DURATION OF DISEASE ON ADMISSION, IN FOUR CLASSES.													
CLASS.	ADMISSIONS.			DISCHARGES.						DEATHS.			
				Recovered.			Not Recovered.						
	M.	F.	Total.	M.	F.	Total.	M.	F.	Total.	M.	F.	Total.	
FIRST CLASS—First attack, and within three months of admission.....	21	23	44	11	5	16	4	7	11	4	9	13	
SECOND CLASS—First attack, upwards of three months and within twelve months of admission	4	7	11	2	2	4	2	3	5	
THIRD CLASS—Not first attack, and within twelve months of admission	3	6	9	5	2	7	...	7	7	2	2	4	
FOURTH CLASS—First attack or not, but of more than twelve months before admission..	10	5	15	1	5	6	4	1	5	
Not known.....	5	3	8	2	2	4	13	2	15	4	...	4	
Total.....	43	44	87	18	9	27	20	23	43	16	15	31	

TABLE IX.,

Showing the Ages of the Admissions, Discharges, and Deaths during the Year 1884.

AGES.	ADMISSIONS.			DISCHARGES.			DEATHS.					
				Recovered.			Not Recovered.					
				M.	F.	Total.	M.	F.	Total.	M.	F.	Total.
Not more than 20 years	2	...	2	2	1	3	1	1	2
From 21 to 30 years.....	7	15	22	7	3	10	1	5	6
" 31 to 40 "	9	9	18	3	...	3	2	4	6	11	6	17
" 41 to 50 "	15	11	26	3	3	6	7	4	11	1	2	3
" 51 to 60 "	5	4	9	2	1	3	5	6	11	2	2	4
" 61 to 70 "	5	4	9	1	1	2	2	3	5	1	3	4
" 71 to 80 "	1	1	1	...	1	...	1	1
" 81 to 90 "	1	1
Unknown	1	...	1	1	...	1
Total	43	44	87	18	9	27	20	23	43	16	15	31

TABLE X,
Showing the Condition as to Marriage in the Admissions, Discharges, and Deaths during the Year 1884.

CONDITION AS TO MARRIAGE.	ADMISSIONS.			DISCHARGES.						DEATHS.		
	M.	F.	Total.	Recovered.			Not Recovered.			M.	F.	Total.
				M.	F.	Total.	M.	F.	Total.			
Married	21	22	43	4	7	11	5	6	11	9	8	17
Single	18	14	32	12	1	13	14	14	28	3	3	6
Widowed	4	8	12	2	1	3	...	3	3	3	4	7
Unknown	1	...	1	1	...	1
Total	43	44	87	18	9	27	20	23	43	16	15	31

TABLE XI,
Showing the Ascribed Causes of the Mental Disorder in the Admissions, Discharges, and Deaths during the Year 1884.

CAUSES.	ADMISSIONS.			DISCHARGES.						DEATHS.		
				Recovered.			Not Recovered.					
	M.	F.	Total.	M.	F.	Total.	M.	F.	Total.	M.	F.	Total.
MORAL.—Domestic trouble, &c.....	...	2	2
Adverse circumstances, &c.	1	...	1	1
Mental anxiety, worry, &c.	1	...	1
Religious excitement	1	1	1	1
Love affairs, &c.	1	1	2	2
Fright, nervous shock, &c.....	1	...	1
PHYSICAL.—Intemperance (in drink).....	6	...	6	2	...	2	2	..	2	1	...	1
Intemperance (sexual)	3	3	...	1	1	...	1	1
Venereal disease	2	1	3	1	...	1	1	...	1
Self abuse (sexual)	1	...	1
Over exertion
Sunstroke	1	...	1
Accident or injury	2	...	2	1	...	1	3	...	3
Pregnancy.....	...	3	3	1	1	...	2	2
Parturition, &c.....
Lactation	1	1
Uterine and ovarian disorders	1	1	...	1	1	1
Puberty
Change of life	1	1
Fevers
Privation, &c.	2	...	2
Old age.....	...	1	1	1	1
Other bodily disorders	9	6	15	1	1	2	3	...	3	3	6	9
Previous attacks	7	5	12	2	...	2	1	2	3	1	1	2
Hereditary influence, ascertained	4	9	13	3	2	5	2	2	4	..	2	2
Congenital defect, ascertained	1	1	2	2
Other ascertained causes.....	2	1	3	2	...	2	3	...
Unknown	8	7	15	5	3	8	8	...	17	8	...	11
Not insane	1	1	1	1
Total.....	43	44	87	18	9	27	20	23	43	16	15	31

TABLE XII,
*Showing the Gain or Loss in Weight of each Patient discharged Recovered during the Year 1884.**

Number on Register.	Duration of Residence.		Weight at Admission.		Weight at Discharge.		Gain or Loss in Weight.			
							Gain.		Loss.	
	Months.	Days.	St.	lb.	St.	lb.	St.	lb.	St.	lb.
1445 ...	2	28	10	7	11	0	0	7
1435 ...	4	0	9	0	10	7	1	7
1431 ...	4	14	6	7	8	1	1	8
1340 ...	17	0	9	8	11	5	1	11
1482 ...	1	4	9	3	9	4	0	1
1417 ...	7	19	9	7	10	7	1	0
1447 ...	4	21	9	6	9	3	0	0	0	3
1493 ...	2	7	10	4½	11	9	1	4½
1408 ...	13	0	7	3	10	7	3	4
1463 ...	3	21	7	4	8	1	0	11
1448 ...	6	16	8	10	9	9	0	13
1418 ...	9	21	7	0½	12	0	4	13½
1460 ...	4	25	8	3	8	6	0	3
1404 ...	11	7	8	13½	9	2	0	2½
1420 ...	9	14	8	2	10	0	1	12
1467 ...	4	7	6	5	8	9	2	4
1461 ...	4	23	8	2	9	0	0	12
1502 ...	0	27	9	11	10	5	0	8
1500 ...	1	24	8	3½	8	9	0	5½
1498 ...	2	8	7	8½	8	9	1	0½
1509 ...	1	5	7	2	7	10	0	8
1483 ...	4	25	8	3	10	1	1	12
1487 ...	4	17	7	5	8	11	1	6
1426 ...	13	24	7	7	8	11	1	4

* There were 27 "recoveries" during the year, but 3 of these were discharged after a period of probation at home, and could not be included in this Table.

TABLE XIII.,

Showing the average number of Patients Occupied Usefully during 1884, and the nature of their respective occupations on the 31st day of December.

	M.	F.	Total.
Average number per day of Patients occupied usefully during 1884.....	99·1	100·9	200
Number occupied usefully on the 31st December, and how employed—			
Messenger	1	...	1
Assistant Attendants and Nurses	32	36	68
Garden	44	...	44
Engineer	1	...	1
Joiner	1	...	1
Shoemakers.....	2	...	2
Tailor	1	...	1
Upholsterers	14	...	14
Knitting	24	24
Sewing	23	23
Laundry	20	20
Kitchen	8	8
Total	96	111	207
Excited	16	10	26
In bed and feeble	19	5	24
Idlers	3	11	14
On leave	2	2
Total	134	139	273

Appendix II. NEWCASTLE-UPON-TYNE CITY LUNATIC ASYLUM.

Balance Statement of Income and Expenditure during the Year ending 31st December, 1884.

INCOME.				EXPENDITURE.			
Jan. 1st.	£	s.	d.	Dec. 31st.	£	s.	d.
To Balance of Cash—Treasurer, Maintenance Account.....	2,064	10	6	By Provisions	2,849	8	9
Less due to Treasurer on Building and Repair Account	133	15	1	" Clothing	630	2	8
				" Salaries and Wages	2,068	8	11
Balance of Cash — Clerk of Asylum, Maintenance Account.....			1,930	" Necessaries	674	14	11
" Balance of Cash — Clerk of Asylum, Building and Repair Account	53	5	5	" Surgery and Dispensary	25	17	6
" Arrears (Private Patient)	31	1	2	" Wines, Spirits, and Porter	64	10	0
Dec. 31st.				" Furniture and Bedding.....	339	15	8
To Cash per Newcastle-on-Tyne Union	7,175	7	6	" Garden and Farm	410	12	10
" Berwick-on-Tweed do.	9	8	9	" Miscellaneous	247	13	0
" Gateshead do.	8	12	0	" Funeral Expenses	17	8	0
" Morpeth do.	10	4	6				
" Carlisle do.	9	15	6	" Building and Repairs Account.....			
" Castle Ward do.	9	13	6	" Balance of Cash—Treasurer	1,905	12	11
" South Shield do.	7	4	0	" Clerk of Asylum.....	61	15	1
" Tynemouth do.	3	5	0				
" Buckingham do.	10	10	0	" Arrears (Private Patient).....			
" Private Patients' Board	7,244	0	9				
" Sundries Sold and Fines	236	9	0				
" Corporation of Newcastle-on-Tyne	106	3	11				
" Berwick-on-Tweed	361	15	7				
" House Rent	1	12	6				
	13	0	0				
	376	8	1				
Total.....			£9,991 15 2	Total.....			£9,991 15 2

25th February, 1885—Examined and found correct,

DAVID BRODIE, CLERK OF THE ASYLUM.

(Signed

THOMAS HEDLEY, CHAIRMAN,
THOS. WILSON,
THOS. LESSLIE GREGSON,

} VISITING JUSTICES.

NEWCASTLE-UPON-TYNE CITY LUNATIC ASYLUM.
BUILDING AND REPAIR ACCOUNT.

Balance Statement of Income and Expenditure during the Year ending 31st December, 1884.

INCOME.			EXPENDITURE.		
Dec. 31st.	£	s. d.	Jan. 1st.	£	s. d.
To Cash—Corporation of Newcastle-on-Tyne...	361	15 7	By Balance of Cash due Treasurer	133	15 1
" " Town Council of Berwick-on-Tweed	1	12 6	Less Cash in hands of Clerk of Asylum ..	31	1 2
" " House Rent	13	0 0			
		<u>376 8 1</u>			<u>102 13 11</u>
Dec 31st.			Dec 31st.		
" Balance of Cash due from Corporation of Newcastle-on-Tyne	408	9 4	By Rates, Taxes, and Insurance	65	10 6
			" Ordinary Repairs	222	16 10
			" Wages	263	5 6
					<u>551 12 10</u>
			" Additions, Alterations, and Improvements	75	10 8
			" Pensions	55	0 0
Total.....	<u>£784</u>	<u>17 5</u>	Total.....	<u>£784</u>	<u>17 5</u>

25th February, 1885—Examined and found correct,

(Signed)

THOMAS HEDLEY, CHAIRMAN,
THOS. WILSON,
THOS. LESSLIE GREGSON,

} VISITING JUSTICES.

DAVID BRODIE, CLERK OF THE ASYLUM.

NEWCASTLE-UPON-TYNE CITY LUNATIC ASYLUM.

Average Cost per Week per Patient for the Year 1884.

Headings of Expenditure.	Amount.	Less Sales.	Net Weekly Average.
	£ s. d.	£ s. d.	s. d.
Provisions.....	2,849 8 9	82 16 5	3 9
Clothing	630 2 8	3 3 1	0 10 ² / ₈
Salaries and Wages	2,068 8 11	2 9 ⁵ / ₈
Necessaries	674 14 11	0 11
Surgery and Dispensary	25 17 6	0 0 ³ / ₈
Wines, Spirits, and Porter	64 10 0	0 1 ¹ / ₈
Furniture and Bedding	339 15 8	0 5 ⁴ / ₈
Garden and Farm	410 12 10	18 14 5	0 6 ³ / ₈
Miscellaneous	247 13 0	0 5 0	0 4
Total.....	7,311 4 3	104 18 11	9 9 ² / ₈
Building and Repairs	682 3 6	14 12 6	0 10 ⁷ / ₈

DAVID BRODIE,

CLERK OF THE ASYLUM.

NEWCASTLE-UPON-TYNE CITY ASYLUM—DIET TABLE.

	BREAKFAST—8:15 A.M.										DINNER—1 P.M.										SUPPER—6:15 P.M.																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
	Males.					Females.					Males.					Females.					Males.			Females.																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																						
	Bread.	Butter.	Coffee.	Tea.	Bread.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	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Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.	Uncooked Vegetables.	Meat and Potato Pie.	Irish Stew.	Soup.	Fish.	Pudding.	Cheese.	Bread.	Lemonade.	Cooked Meat free from bone.

Tea for 100 persons to contain 1lb. of Tea, 4lbs. of Sugar, and $\frac{3}{4}$ gall. Milk. (Milk from the Farm.)

Coffee for 100 persons to contain 1 $\frac{1}{2}$ lbs. of Coffee, 4lbs. of Sugar, 1 $\frac{1}{2}$ gall. Milk. (Milk from the Farm.)

(a). Tinned Corned Beef or Mutton.

Meat and Potato Pie for 100 persons to contain 28 lbs. of Meat uncooked and with bone, 24lbs. Flour, 3lbs. Suet or Dripping.

Irish Stew for 100 persons to contain same quantity of Meat and Potatoes as on Sunday.

(b). Tinned Meat and Potato Pie for 100 persons to contain same quantity of Meat and Potatoes as on Sunday, with 20lbs. of Flour, Seasoning, &c.

Soup on Wednesday to contain, for 100 persons, Liquor of Meat boiled same day, with 6lbs. barley, 3lbs. Rice, 3lbs. Peas, 16lbs. Cabbage, &c.

Soup on Saturday to contain, for 100 persons, 12lbs. of Hough Beef, with 6lbs. Barley, 3lbs. Rice, 3lbs. Peas, 16lbs. Cabbage, Seasoning, &c.

(c). Rice Pudding for 100 persons to contain 11lbs. Rice, 4lbs. Currants, and 3lbs. Sugar.

Dumpling Pudding for 100 persons to contain 24lbs. of Flour, 4lbs. of Preserves, and 3lbs. Suet.

(d). Extra Diet for Workers—2oz. Bread, 1oz. Cheese, and 2 $\frac{1}{2}$ lb. Loaves weekly.

Extra Diet for Laundry—3oz. Tea, 1 $\frac{1}{2}$ lbs. Sugar, and 2 $\frac{1}{2}$ lb. Loaf, and 2oz. Butter on Tuesdays.

Extra Diet for Sewing Room—3oz. Tea, $\frac{1}{2}$ lb. Sugar, 1 lb. Loaf, and 2oz. Butter on Tuesdays.

Extra Diet for Sick and Debilitated—according to Medical Order.

